

# GENERATIONS

FALL 2016

NEWSLETTER OF THE CENTER OF EXCELLENCE IN GENERATIVE MEDICINE

## HAPPY FALL FROM THE COE

Fall has come to the Center of Excellence (COE), and the halls are buzzing with students, new resident doctors, and patients. Every day we are hearing more and more people talk about the transformative effects that personalizing a health program makes in a person's life, and we are grateful to be able to bring our state of the art software programs into relationships with our patients.

Dr. Peter D'Adamo's Opus23 genetic software program has added a new level of depth and insight into our patient protocols, and every day we are hearing of the profound impact it's having. The "generative" philosophy of the COE marries the cutting edge technology of bioinformatics, genetics, and systems biology, with the time-honored values of naturopathic medicine.

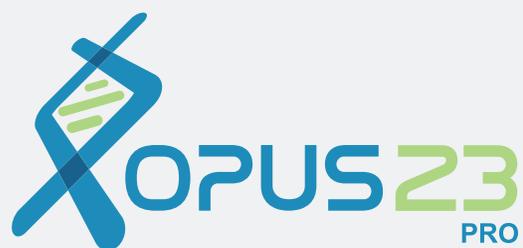
Dr. D'Adamo is committed to continually exploring how to deepen the patient experience and outcomes. He recently held a retreat with all the COE doctors to deepen their connection by renewing and rejuvenating in nature. We are so fortunate to have such a talented group of clinicians at the COE.



Stop in, take advantage of the new visits we have to offer, and allow us to help you stay healthy and strong!

With thanks and gratitude,

Dr. D'Adamo and the staff of the COE



## ANXIETY & THE GUT: AN OPUS23 SUCCESS STORY

Robert Brody, ND

Jane presented to the COE a few months ago for a genetic Opus23 appointment. Her major concern was her uncontrollable anxiety. She has been medicated for years with only symptomatic relief and wanted to find a natural solution. After an analysis of her DNA, we were able to find the root cause of her anxiety. From a genetic point of view, this lovely Blood Type AB woman's DNA looked much like that of a Blood Type O. She had genetic mutations in DBH and MAOA, COMT, MAOB, TPH1 and TPH2. For those of you who are not accustomed to genetic lingo, these letters represent different genes that are involved in making and breaking down neurotransmitters (aka brain chemicals) like dopamine, serotonin, and adrenaline.

Taking a step back and looking at the patient as a whole, I soon realized that we first needed to get Jane's digestive tract in order. As most neurotransmitters are made in the digestive tract, our goal was first to reduce inflammation so neurotransmitters will be able to get to their final destination – the brain. While I was helping Jane's digestive system, I also wanted to fix her excessive production of these neurotransmitters especially adrenaline. Excessive amounts of adrenaline can cause anxiety, fear, and an overall feeling of survival, aka increase fight or flight response.

With Jane's Opus23, I was able to study her DNA much like an architect studies a blueprint to solve a problem. I concluded that an excessive quantity of adrenaline was being produced and these high levels weren't being properly broken down. Now that the problem was identified, all that was required was a natural treatment. After researching natural treatments, two supplements were found that could control her anxiety. One was a natural ingredient called cysteamine and the other was an ayurvedic herb called Withania Somniferia. After three months on treatment with these two supplements and the SWAMI GenoType diet, I am happy to report that Jane is now able to control her anxiety and is no longer dependent on drugs.

TO SCHEDULE AN APPOINTMENT, PLEASE CONTACT US AT:

203.366.0526 | [frontdesk@generativemedicine.org](mailto:frontdesk@generativemedicine.org) | 115 Broad Street, Bridgeport CT 06604

# 5 BENEFITS OF CUPPING THERAPY

Maria Zangara, ND

During the Olympics, many athletes were seen with dark circular marks on their bodies. You may also know it as myofascial decompression, and, it has made a return to western society, especially in the athletic training room settings. But cupping is not just for movie stars and athletes... cupping is highly beneficial for everyone.

Most of the validity of cupping as an alternative medical practice comes from its long history of use over the past 3,000 years. Cupping techniques have been used extensively to treat many disorders and symptoms, sometimes on their own, or other times in conjunction with Acupuncture.

## 1 HELPS REDUCE PAIN

Cupping helps release tissues deep inside the body, relax tense muscles and ease stiffness associated with chronic back and neck pains, migraines, rheumatism, and fatigue.

Cupping targets soft tissue by applying local pressure to pain points and areas of swelling. As blood flow increases within vessels and capillaries, tissues receive much-needed nutrients and oxygen. Cupping practitioners use pressure, heat, suctioning and needles above or below the site of injury, allowing for energy to travel along the “channels” (meridians) that pass through the injury.

## 2 PROMOTES RELAXATION

Cupping allows people to enter a more relaxed state since it sedates the central nervous system. The reason cupping is soothing is because the cups help lift pressure in tense muscles, which offers a relieving sensation just like receiving a deep tissue massage.

## 3 BOOSTS SKIN HEALTH

Cupping is used to reduce cellulite, acne and skin inflammation. It tones and firms skin by improving blood flow and expanding capillaries, making it popular among celebrities and people in the spotlight who want to appear to have toned skin.

## 4 HELPS TREAT RESPIRATORY ISSUES & COLDS

Commonly used to help nourish the lungs and clear away phlegm or congestion, cupping therapy in conjunction with acupuncture can be useful for speeding up healing time from respiratory illnesses like the flu or common cold. Cupping helps improve immune function by moving blood and lymphatic fluid throughout the body, which is why it's been associated with reductions in lung diseases (especially chronic coughs), allergies, infections and asthma.

## 5 IMPROVES DIGESTION

Acupuncture and cupping are both popular ways to improve digestion and reduce symptoms from disorders like irritable bowel syndrome (IBS). This is primarily because they can lower a patient's stress response, which is highly tied to healthy digestive functioning.

Cupping causes the skin to temporarily turn red, blue or purple, especially if there is an injury or energetic blockage under the area that was cupped. The skin discoloration can last anywhere from a few days to a couple of weeks, but is rarely painful. Once the marks have cleared, the procedure can be repeated until the condition or ailment is resolved.

Consider exploring the benefits of cupping with me Dr. Maria Zangara here at the COE.

## 3 REASONS TO GET AN OPUS23 REPORT

Opus23 is a revolutionary software program written by Dr. Peter D'Adamo. Opus23 takes your raw 23andMe genetic data and uBiome microbiome reports and creates a one of a kind glimpse into who you are as an individual, your health challenges, strengths and weaknesses.

As little as ten years ago, this type of analysis would have cost many tens of thousands of dollars. Dr. D'Adamo's skills as a coder now allow your clinician to harness the power of your genetics and to optimize your microbiome (the internal ecosystem in your digestive tract) at a price that is affordable by anyone.

**Simply put, Opus23 allows you and your clinician to:**

### 1 PREDICT:

Health trends, your aging process, how you manage stress.

### 2 PREVENT:

The onset of predisposed illness with a strategic, focused health plan.

### 3 PERSONALIZE:

A comprehensive lifestyle and health protocol that is based totally on YOU... your genetic inheritance, your current state of health, and your future trends.

**Don't you want the very best roadmap to health & well-being? Book your Opus23 report now.**



## COE FALL HOURS

### Monday:

Student Shift: 10:00am - 1:30pm  
Dr. Brody: 2:00pm - 4:30pm  
Dr. Gonick: 2:00pm - 4:00pm

### Tuesday:

Student Shift: 2:00pm - 5:30pm  
Dr. Brody: 9:30am - 1:30pm  
Dr. Colicci: 9:00am - 1:30pm

### Wednesday:

Dr. Brody: 9:30am - 11:30am

### Thursday:

Patti Hartman: 10:00am - 4:00pm  
Dr. Zangara: 10:00am - 4:00pm  
Dr. Brody: 10:00am - 4:00pm

### Friday:

Dr. Brody: 10:00am - 4:00pm  
Dr. Zangara: 10:00am - 4:00pm

### Saturday:

Dr. Brody: 9:00am - 1:00pm  
Dr. Gonick: 9:00am - 1:00pm

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